

Announcing the Return of Mayo Clinic EmbodyHealth and HRA in 2008



NASA Office of the Chief Health and Medical Officer (OCHMO) is pleased to return access to *Mayo Clinic EmbodyHealth*, a trusted source of health information prepared by experts at the Mayo Clinic.

Beginning February 18, 2008, NASA employees will have the opportunity to join the thousands in our workforce who are already using this **private** and **secure** web site. Visit www.nasahealthieryou.com and utilize the unique identifier [healthiernasa](#) - one word, not case sensitive.

Take 15 minutes to better understand your health risks by completing the online **Health Risk Assessment** (HRA). The first 1,000 employees who complete the HRA are eligible to receive an incentive; this includes the previous year's participants. Completion of the HRA produces a confidential Personal Health Report summarizing your medical and lifestyle risk factors. Utilize your personal physician or your Center/Facility onsite Occupational Health Clinic staff to better understand the Report and to formulate a plan for change towards a [HealthierYou](#).

Your use of the site is **private** and **confidential**. NASA will not have access to any of your personal health information but will receive aggregate data to better trend, plan, and deliver population-based preventive health programs across the Agency, such as the *HealthierYou* Campaign and the associated health calendar.

For more details, visit www.ohp.nasa.gov or contact [Gail Bantugan](#), 321-867-3164 or [Mae Hafizi](#), 321-867-3646.